### CURED BY SUNLIGHT.

VALUE OF THE SUN'S RAYS AS A REMEDIAL AGENT.

What the Old Greeks and Romani Thought-Opinions of Modern Physiclans-Diseases Cured by Bodily Exposure to Sunlight.

[H. Reynolds, M. D., in Phrenological Journal.]
Sunlight is almost as indispensable to the health of living beings as to planta. The effect of deprivation of light upon plants is well seen in the pale, long potato sprouts which grow in dark cellars where potatoes have been left during the summer. The sunlight is requisite to develop the coloring matter of plants and to develop sound and healthy growth. Children and young girls reared in darkened rooms are pale, flabby, and unhealthy, somewhat resembling the IH. Reynolds, M. D., in Phrenological Journal. and unhealthy, somewhat resembling the potato sprouts which grow in the dark. The

potato sprouts which grow in the dark. The more sunlight a plant has, the more vigorous, healthy and strong it becomes.

Plants which are partly shut out from the sunlight, or beneath the deep shade of trees, or within the shade of buildings, make but a feeble and sickly growth. Even fruit which is shut out from the direct rays of the sun is pale in color, and is not so fine in flagger that which is averaged to the rays of ver as that which is exposed to the rays of the sun. The reddest apples are those grown in the full blaze of the sunlight, and the children which have the reddest cheeks and the healthiest bodies are those reared out-doors in the sunshine.

ESTEEMED BY THE ANCIENTS. The ancients highly esteemed the sunlight as conducive to health. It is related by Plutarch that when the youthful Alexander visited Diogenes at Corinth he found the famous philosopher lying tranquilly in the sun. The warrior kindly saluted him and sun. The warrior kindly saluted him and asked if he could do anything for him. "Only stand a little out of my sunshine," reptied Diogenes. Diogenes was then threscore and ten, and ege made the sunshine doubly dear to him. According to Pilny, it was a common practice in Greece for old men to recruit their energies both mental and physical, by exposing themselves naked in the sun. Hippocrates recognized cognized the reviving effects of warmth and sunlight on the aged by saying, "Old men are double their age in winter and younger in summer."

The old Romans esteemed the sunshine.

younger in summer."

The old Romans esteemed the sunshine. Piliny, the elder, employed his leisure hours after dinner in summer lying in the sun. Piliny, the younger, at both his country seats, had gardens thickly bordered with hedges, where he could walk completely nude, thus exposing his whole body to the blaze of the sun. Love of sunshine was a marked trait of the old Romans. Nearly all the dwellings were provided on the roof- or southern walls with balconies or terraces, where the occupants, sitting or reclining, could sun themselves all they wished. Such use of the sunshine is conducive to the preservation of the health. ducive to the preservation of the health. ESSENTIAL TO DEVELOPMENT.

The value of light in the development of The value of light in the development of animal organisms was shown by experiments of Dr. W. F. Edwards, made many years ago in France. He found that frogs' eggs placed in the dark were prevented from developing, and that a tadpole kept in a dark place, although it attained a large size, did not change its form. Dr. Hammond confirmed this result, as he found that while kept in darkness the transformation of the confirmed this result, as he found that while kept in darkness the transformation of the tadpole was indefinitely postponed, but when brought to the light it became a frog in a few days. Something of the same effect is produced upon the human race when deprived of sunlight. Dr. Forbes Winslow says: "The total exclusion of the sun's beams induces an impoverished state of the blood, muscular debility, drop sical effusion, softening of the bones, nervous excitability, irritability of the heart, loss of appetite, consumption, physical deous excitability, irritability of the heart, loss of appetite, consumption, physical deformity, stunted growth, mental impairment, premature old age. The offspring of those so unhappily trained are often deformed, weak, and puny, and are disposed

Thus it will be seen that a full supply of ht is needed to secure full develo ment of our physical organizations. An-other writer says: "Care should be taken both in health and disease to insure sufficient amount of light, and it is impossible to rear well-formed, strong, and robust chil-dren unless attention is paid to this requirement. Sun-baths, or apartments in which the solar rays can fall upon the naked body, are highly advantageous to health, and rooms for this purpose could easily be constructed in most of our city houses. Let us then, to use the dying words of Goethe, have "more light."

SUNLIGHT CURES DISEASE. A recent English writer says: "The direct rays of the sun are great remedial and preventative agents in certain diseases, such as scrofula, phthisis, rickets, etc." Dr. Warren says: "Seclusion from sunshine is one of the misfortune: of our civilized life. The same causes which make the potato vines white and sickly when grown in dark cellars, operate to produce the pale, sickly girls that are reared in our parlors. Ex-pose either to the direct rays of the sun and they begin to show color, health, and strength. One of the ablest lawyers in our country, a victim of long and hard brain labor, came to me a year ago, suffering with partial paralysis. The right leg and hip were raduced in size, with constant pain in the loins. He was obliged, in coming up-stairs, to raise the left foot first on every stair, dragging the right one after it. Pale, feeble, mascrable, he told me he had been failing several year, and closed with, My work is done. At 60 i find myself worn

"I directed him to lie down under a large window, and to allow the sun to fall upon every part of his body, at first ten minutes a day, increasing the time until he could ex pose himself to the direct cays of the sun a full honr. His habits were not essentially altered in any other particular. In six months be came running up stairs like a vigorous man of 40, and declared, with sparkling eye. 'I have twenty years more of work in me.' I have assisted many dyspepties, neuralgic, rheumatic, and hypo-chendriacal people into health by the sun cure." Numerous other instances of cures of diseases by exposure to the sunlight might be given, but enough has been cited to show the importance of sunlight both in restoring to health and in maintaining good

Beginning an Address. [Hall's Journal of Health.]
As no good traveler, after having fed his

horse, renews his journey in a trot, but with a slow walk, gradually increasing his pace, so in getting up to address an assembly for a continued effort the first few sentences uld be uttered in a low, low tone, gradnally intensified, otherwise the voice will break down in a very few minutes, with coughing or boarsene s.

Vegetables in Winter Time. [Frank Leslie's.]

A correspondent predicts that New Yorkers will soon be supplied from the Bahamas with fro h vegetables in winter time. These veget this are as delicious as those that come from Bermula in April and May.

A Sufeldat Tendency. If there is a suicital tendency in a man it is apt to develop soon after marriage, when he liest discovers the pearly little teeth of his sleeping darling drowning themselves in a tumbler on her dressing table.

Stanlay, the explorer, says that when you can't whip nor buy an African king, you can scare bim out of his boots with a

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